

OF THOMAS JEFFERSON

felt and what I have wished, I know that I have never been so well pleased as when I could shift power from my own on the shoulders of others, nor have I ever been able to conceive how any rational being could propose happiness to himself from the exercise of power over others. (To. Destutt Tracy, 1881. C. V., 568.)

EXPANSION.—I am aware of the force of the observations you make on the power given by the Constitution to Congress to admit new States into, the Union without restraining the subject to the territory then constituting the United States. But when I consider that the limits of the United States are precisely fixed by the treaty of 1783, that the Constitution expressly declares itself to be made for the United States, I cannot help believing the intention was not to permit Congress to admit into the Union new States which should be formed out of the territory for which and under whose authority alone they were then acting. I do not believe it was meant that they might receive England, Ireland, Holland, etc., into it, which would be the case under your construction. (To W. C. Nicholas, 1803. C. IV., 505.)

EXPANSION.—The denouement (referring to the acquisition of Louisiana) has been happy; and I confess I look to this duplication of area for the extending of a government so free and economical as ours as a great achievement to the mass of happiness that is to ensue. (To Dr. Priestly, 1804. C. IV., 525.)

EXPANSION.—See Canada, Cuba, Louisiana.

EXERCISE.—Give about two hours every day to exercise; for health must not be sacrificed to learning. A strong body makes the mind strong. As to the species of exercise, I advise the gun. "While this gives a moderate exercise to the body, it gives boldness, enterprise, and independence to the mind. Games played with the ball, and others of that nature, are too violent for the body, and stamp no character on the mind. Let your g'im, therefore, be the constant companion of your walks. Never think of taking a book with you. The object of walking is to relax the mind. You should, therefore, not permit yourself even to think while you walk; but direct yourself by the